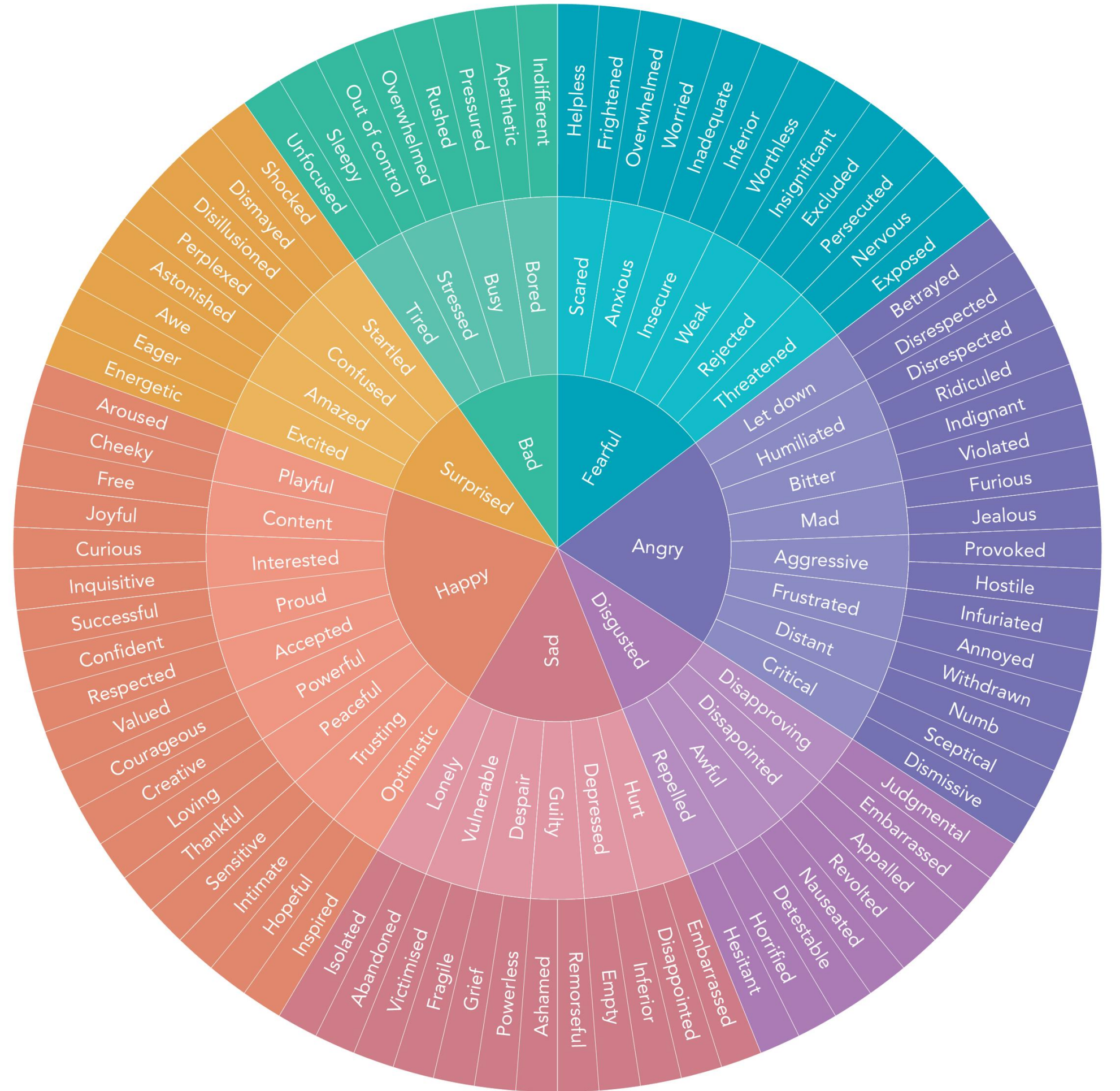


Emotional Awareness

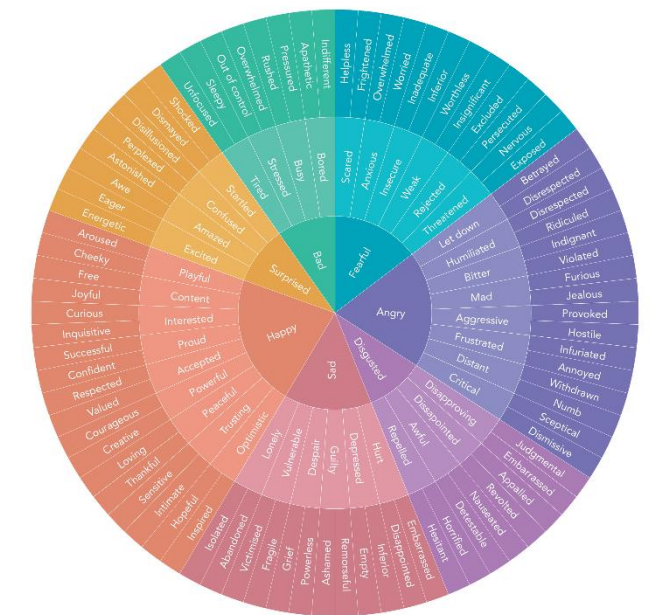
Self & Social

Name it - frame it - tame it!



Emotional Awareness

How to build:



Self-check-in & reflection time:

- Ask yourself why you're feeling what you're feeling or responding a certain way – try and find the cause.
- We may need to take pause to really reflect on this and help us take a breath before reacting.
- Use the emotional wheel to build your emotional vocabulary
- Remind yourself that all your emotions are normal, how you act on emotions matters a lot. When you know your emotions, you're better able to make wise choices about how to act – no matter what you're feeling.

Emotional Awareness

How to build:

Make time to track your feelings

- Take a few minutes each day to write (journal) about how you feel and why, which helps you get to understand your feelings better
- You can also use a phone app, like Mood Notes, Moodfit, Daylio or eMoods

Practice gratitude

- Make a list of the top 3 things you're grateful for that happened today
- Share what you're grateful for about others – thank you note or quick kudos & celebrate successes



Reflecting on the week:

Take time before we meet again to answer the following:

1. Which trait did you focus on building and what practice did you use?
2. How did you stay intentional and consistent with practicing?
3. What did you learn as a result?